

HAMBLETON Health Walk

Time: 1 hour

Start and finish: Bob Williamson

Memorial Park



- At the junction, cross Carr Lane and walk right and turn left into Rydal Road and continue to Kiln Lane, keep right and continue to Wardley's Creek.
- At Wardley's Creek turn left and follow the lane until you reach the saltmarsh, walk along the edge of the marsh until you reach the embankment. Walk to the top of the bank until reaching the exit into Saltmarsh Lane.

Please note: The saltmarsh can be very muddy after high tides.

- At the end of Saltmarsh Lane turn left and walk into the village, just beyond the Shovels Inn, cross the pedestrian crossing and continue to Sandy Lane.
- Follow Sandy Lane to Church Lane, after turning right continue to the start point at Bob Williamson Park.